ATTENDANCE AT SCHOOL MATTERS

We are still struggling to keep some families engaged and their children at school every day possible. We rely on parents to be active partners in getting children to school and thank you for this partnership. Help your child get to school every day possible:

- Develop a morning routine before school—remember to allow enough time and prepare for transitions. Keep the routine as simple as possible. This may include preparing the evening before to make the morning of easier and less hectic.
- Ride the bus if possible. Getting to school on time each day prevents children from missing valuable teaching time and interactions with their peers and teachers.
- Keep your child engaged with what they are learning. Regular attendance at school will show your child that routine and consistency is an important part of remembering what they are learning. They will remember better what they have learned if they are at school regularly engaging in the teachings and activities.

Congratulations to the Waabooz classroom for the highest attendance in April!!

Home Based Attendance

Home visitors work hard to complete weekly home visits with each family they serve. Be sure to keep them kiddos healthy so rescheduling doesn’t become an issue. We are in the process of revising our current home based attendance policies. Currently the policy indicates that 30 days without a visit requires serious intervention and potential exit from the program. We feel that 30 days is just too long to allow attendance concerns to linger and are working on identifying policies that will support a healthier attendance expectation along with the supports needed. If you have feedback please let us know, we would love to hear from you!
# Waabigwanii-Giizis (Flower Moon) May 2017

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td><strong>WIC PICKUP</strong></td>
<td><strong>WIC PICKUP</strong></td>
<td>JOM Meeting</td>
<td>Fire Drill</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tribal Council Meeting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td><strong>WIC PICKUP</strong></td>
<td><strong>WIC PICKUP</strong></td>
<td><strong>WIC PICKUP</strong></td>
<td></td>
<td></td>
<td><strong>ECC/Tribe Closed Indian Day</strong></td>
<td></td>
</tr>
<tr>
<td>School Board Meeting Policy Council Meeting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Tribe Board Of Education Meeting</td>
<td>Tribal Council Meeting</td>
<td>Housing Mtg</td>
<td>Spirit Tree Celebration 10am @ECC</td>
<td>Newsletters Due</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tornado Drill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td><strong>ECC Water WEEK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>Family Fishing Day</strong> Red Cliff Fish Hatchery *Home Base Social</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ECC/Tribe Closed Memorial Day</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Boozhoo families:

We have been going outside quite a bit lately, the kids are really enjoying it. At first they would all sit in one area and stay close to the teachers, but now they are all off and doing their own thing. Walking around and exploring and making new friends as well.

With the rain coming in, it does make the playground wet and muddy. Please bring in at least two sets of clothes for your children in case they get dirty and need to change clothes. Also, please send your children with appropriate clothing and outdoor gear; hats, jackets, and boots/shoes.

Friendly reminder: If your child is going to be late or absent for the day, please call us by 9AM.

Mino Dibishkaa:
Layne 4/25
Mathias 4/28
Felix 5/5

Miigwech,
Ms.Tiff, Ms.Ang, and Mrs.Judy

779-5030 x 224
This month we will be doing a lot of outdoor activities, such as outdoor painting, making bird feeders and planting our “magic” green beans. We have been learning the Ojibwe words waabigwan, (flower) miinikaan (seed) as well as some more animals. We love playing/splashing in puddles so please bring extra clothes :)

Thank you for bringing your children everyday, we love seeing their smiling faces. :)
Dear Parents,

April seemed to fly by. Hopefully spring is here to stay. Your children had a happy and busy month with our many Easter projects and recycling study. They also enjoyed our dramatic play, community worker costumes.

The school themes/studies for May are pirates, spring, planting and bugs. We are planning many fun and educational projects revolving around those themes/studies with an emphasis on mathematics and literacy.

You may have noticed that with the seasonal mud and our painting, we have been getting dirty... We expect this to continue, so do please send your children to school in clothing that can get dirty while playing and learning. Also, do please make sure your children have an extra set of clothing at school in case they get wet and need to change.

Miss Maggie and Mr. Fred
NEWS AND PLANS

This month we are learning all about planting flowers, bugs, and loving the outdoors. We will begin to explore the school’s outdoor classroom areas. May is the month for ECC home visits. We will be scheduling them soon.

Please remember to check mailboxes daily; many important papers are sent home regularly. Applications for next year were sent out. Please fill them out and return them with a copy of your household income.

“Children are made readers in the laps of their parents.” – Emily Burchard

REMEMBERS

- 5/12 ECC/ Tribe Closed—Indian Day
- 5/26 Family Fishing Day
- 5/29 ECC/ Tribe Closed—Memorial Day

OJIBWEWONIN

- Waabigail—flower
- Moos–wosh
- Mamidnaas—bug
- Ojii—fly
- Memengwaa—butterfly

WHAT WE ARE DOING

Pamela—loves cooking with water in our play kitchen!
Joe—identifies letters of his name!
Marti—cuts with scissors!
Elizabeth—works hard on learning the letter “E”!
Emma—works hard on her patterning skills!
Jalen—loves to sing!
Randall—works on shape identification!
Cali—uses classification skills!
Agongos
Home Based May News

“Nga-zhichige Nibi-Onjii”
(I will do it for the water)

This month we have the ECC water week from 22nd-26th, and on the 26th there will be a Family Fishing Day/Home Base Social at the RC Fish Hatchery, so we hope that everyone is able to make it!

Throughout the month we will also be bringing in more PAT activities and Ojibwemowin hand-outs!

Aaniin ezhiwebak!

What’s Happening!

- Home Base Social: Fri. 5th @ 10am-Noon
- ECC/Tribe Closed: Indian Day: Fri. 12th
- Mothers Day: Sun. 14th
- ECC Water Week: 22nd-26th
- Fam. Fishing Day/HB Social: Fri. 26th
- ECC/Tribe Closed: Memorial Day: Mon. 29th

“Apame ji-mikwendamang gaa piimiinigooyang Anishinaabe bimaadiziiwin!”

May Ojibwemowin

- Waabigwan: Flower
- Memengwaa: Butterfly
- Nimaamaa: My mother
- Bineshii: Bird

Miigwech!

- Haley ext. 236
- Michelle ext. 237
- Amaris ext. 238
NEWS...
Boozhoo. During the month of April we focused our learning on Community Helpers, Recycling, Reusing and Reducing. Ask your child who's in their neighborhood that help them and also talk about how separating garbage is very important to us and Mother Earth!! A few things we did—we used old cans for drums, separated garbage, talked about what to do with old clothes and more. Please go through their backpacks daily for notes and their creative arts. All children feel very proud of what they do daily and want to share it with you!!!!
P.S. Thank you for sharing your child with us daily! We have a blast in our room! Yes, there is crying, sadness, hurt feelings at times but without these we would not see the laughter, smiles, happiness that radiant’s from them either. Each child is special and we love them all! CHI MIIGWECH!

MAY Happenings...

HOME VISIT: We will be setting up the last Home Visit so we will contact you very soon to set up a date and time.

OUTSIDE CLOTHING: Please make sure your child continues to bring in boots and warm clothing for outside. Its still wet and muddy out.

CLOSINGS:
May 12-Indian Day
May 29-Memorial Day

GROUP LESSON PLANS:
Spring—Planting, Bugs, Outdoors and Pirates.
Boozhoo!! Ziigwan Omaa!!
Our room has been very busy with all the fun learning activities we have been doing daily. We have been learning about turn-taking, Letter recognition, How to be a good friend, Number recognition, Shape identification, Ojibwemowin, and writing our names. We are enjoying have Ms. Julie in our classroom!! We have been playing outside daily when the weather is nice.

We would like to encourage parents to please send your child to school with mud boots, warm jackets, hats and mittens (on colder days) and a change of EXTRA clothes we do get messy sometimes. The month of May we will be focusing on bugs, plants, flowers and spring themed projects. We will continue to work on all areas and encourage parents to join the learning at home to, its so important since PARENTS ARE CHILDREN’S FIRST TEACHERS. We love seeing all of our kiddos daily please send your children when we are in session school day starts at 745 to 315pm. Miigwech!! Ms. Alicia and Ms. Julie

Ojibwe Words, Phrases, and Weather
ZiiGwan- SPRING
FLOWER- WAABIGWAN
WORM- MOOSE
GIMIWAN- IT’S RAINING

Baapi—he or she laughs
Nagamo—he or she sings
MIGIZI NEWS

The month of May will be a very busy one for us at ECC.

We are going to be learning about bugs, spring, and pirates. On May 4th we will all be wearing green in honor of Mental Health Awareness Week. On May 19th please wear gray or teal in honor of Asthma & Allergy Awareness. May 22-26 is Water Week which will have field trips to the fish hatcheries around our area. The week will end with the Family Fishing Day where everyone is invited.

This month we will also be doing many activities to enhance our knowledge in math and letter recognition. There will be a lot about “SAFE AND UNSAFE” touches and continuing with our feelings identifications.

The big excitement is the children will have waited for 3 weeks watching the eggs in the incubator to hatch. I really hope Mother Nature has worked with us and we have three baby chicks for the children to see.

Diann, Linda, Kathy
Keep up the great work!

Mashkodobelzki: 7 children
Malilgan: 11 children
Migzi: 9 children

27 out of 50 H.S. students meet the perfect attendance requirement.

Eshbaan: 4 children
Hikawa: 3 children
Amik: 4 children
Waaabooz: 5 children

16 out of 32 E.H.S. students meet the perfect attendance requirement.

Early Head Start—Giana Butterfield
Head Start—Cavin Goodlet

April Attendance 2017
<table>
<thead>
<tr>
<th>Child/Children</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bezhigo</td>
<td>Bezhigo niniljaanis</td>
<td>Niihiwag niniljaanisasg</td>
<td>Nisiwag niniljaanisasg</td>
<td>Niiwiwag Niniljaanisasg</td>
<td>Naaniwag Niniljaanisasg</td>
</tr>
<tr>
<td>ikwezens</td>
<td>Niihiwag ikwezensag</td>
<td>Nisiwag ikwezensag</td>
<td>Niiwiwag ikwezensag</td>
<td>Naaniwag ikwezensag</td>
<td></td>
</tr>
<tr>
<td><strong>Boys</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bezhigo</td>
<td>Bezhigo gwiiwizens</td>
<td>Niihiwag gwiiwizensag</td>
<td>Nisiwag gwiiwizensag</td>
<td>Niiwiwag gwiiwizensag</td>
<td>Naaniwag gwiiwizensag</td>
</tr>
<tr>
<td>gwiiwizens</td>
<td>Niihiwag gwiiwizensag</td>
<td>Nisiwag gwiiwizensag</td>
<td>Niiwiwag gwiiwizensag</td>
<td>Naaniwag gwiiwizensag</td>
<td></td>
</tr>
<tr>
<td><strong>Grandchild/ren</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bezhigo</td>
<td>Bezhigo Noozhishenh</td>
<td>Niihiwag noozhishenyag</td>
<td>Nisiwag noozhishenyag</td>
<td>Niiwiwag noozhishenyag</td>
<td>Naaniwag noozhishenyag</td>
</tr>
<tr>
<td>Noozhishenh</td>
<td>Niihiwag noozhishenyag</td>
<td>Nisiwag noozhishenyag</td>
<td>Niiwiwag noozhishenyag</td>
<td>Naaniwag noozhishenyag</td>
<td></td>
</tr>
</tbody>
</table>

**Ages**

<table>
<thead>
<tr>
<th></th>
<th>ningo bibooney</th>
<th>Nindaanis / Nindaanisasg</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>nizho bibooney</td>
<td>Ningozis / Ningozisasg</td>
</tr>
<tr>
<td>2</td>
<td>niso bibooney</td>
<td>Noozhishenh / Noozhishenyag</td>
</tr>
<tr>
<td>3</td>
<td>niiyo bibooney</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>naano bibooney</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>ningodwaaso bibooney</td>
<td></td>
</tr>
</tbody>
</table>
Spirit Tree Celebration

Date Change
The community is invited to join the ECC celebrate the raising of our spirit tree on Thursday May 18th
Starting @ 10:00 am
Followed by our weekly Pow-Wow and a feast

Physical address: 89830 Tiny Tot Drive

For more information contact ECC Family Services at 715-779-5030 Ext 251-252-233
Children’s Mental Health Awareness week is a national effort to continue to illuminate the critical need for mental health care in our country! We must increase our efforts to educate the nation about the importance of prevention and early identification of mental health challenges. We are setting aside an entire week dedicated to teaching people about children’s mental health, advocating to improve services and celebrating all the work that has been done in the past! We celebrate hope and strength of children, youth and families!

**We will wear green on Thursday May 4th** to help raise public awareness and show our support to children, youth and families. Here is how you can show your support:

- Wear a green ribbon, especially during Mental Health Awareness Month in May
- Read up on mental health and challenges associated with them
- Share the information you’ve learned with family and friends
- Get involved in your community. Contact the National Federation of Families for events in the surrounding area
- Sign up to become a member of the National Federation of Families to receive updates and information

www.ffcmh.org
Wear Green on May 4th, 2017 to show support for Children's Mental Health!
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Make Green Ribbons to Wear and share</td>
<td>2</td>
<td>Draw a Family Picture</td>
<td>3</td>
<td>Read a book as a Family</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>Let's make Cookies</td>
<td>8</td>
<td>Tell each person in your family 3 things that make them special</td>
<td>9</td>
<td>Let's Blow Bubbles</td>
<td>10</td>
</tr>
<tr>
<td>14</td>
<td>Dress up and take a Family Picture</td>
<td>15</td>
<td>Build a Fort You Chose How</td>
<td>16</td>
<td>Make Paper Flowers</td>
<td>17</td>
</tr>
<tr>
<td>21</td>
<td>ICE CREAM</td>
<td>22</td>
<td>Play I SPY</td>
<td>23</td>
<td>Draw Portraits of each other</td>
<td>24</td>
</tr>
<tr>
<td>28</td>
<td>Find a Four Leaf Clover</td>
<td>29</td>
<td>Movie Night With popcorn</td>
<td>30</td>
<td>Let's Sing our favorite song</td>
<td>31</td>
</tr>
</tbody>
</table>
Bill of Rights

FOR ADULTS, YOUTH, AND CHILDREN WITH BEHAVIORAL HEALTH CARE NEEDS AND THEIR FAMILY MEMBERS

1. I have the right to speak and to make decisions about my behavioral health care and/or my child(ren)'s emotional and behavioral health care.

2. I have the right to know about the full range of promotion of wellness, prevention and treatment options available to me and/or my child(ren).

3. I have the right to access this range of interventions regardless of my race, ethnicity, level of education, level of English proficiency, location, or insurance coverage.

4. I have the right to know about and use healing practices within my own culture.

5. I have the right to a provider who understands and respects my culture and can speak to me in my language.

6. I have the right to ask for and access an advocate who can help me understand and exercise my rights and/or the rights of my child(ren).

7. I have the right to plan for future crises, e.g. by preparing an advanced directive for when I might not be able to participate in decision-making about my own or my child(ren)'s treatment.

8. I have the right to raise my own child(ren) regardless of my or their behavioral disabilities, and get the help I need to do so successfully.

9. I and/or my children have the same rights to safety, non-discrimination, and social inclusion as any other individual.

10. I have the right to set my own goals and/or to help set my child's goals, to expect that we reach our highest potential wellbeing, and for those providing me and/or my children with services to expect and reinforce the same.
The Red Cliff Circles of Care Project welcomes you to listen in and share your voice for

National Mental Health Awareness Day!

Watch the Awareness Day 2017 live webcast, Thursday May 4 at 7 p.m. Simply register and tune in Thursday, May 4 at 7 p.m. (Eastern) at: www.samhsa.hhs.gov/children. Join the Substance Abuse and Mental Health Services Administration for the live webcast of the National Children's Mental Health Awareness Day event in Washington, DC!

The webcast … also known as Awareness Day Live! … is your chance to experience the interactive panel discussion taking place onstage, hear from Olympic medalists and Awareness Day 2017 Honorary Chairpersons Michael Phelps and Allison Schmitt and join the conversation via digital media. During the event, you will receive step-by-step instructions on how to share your insights or submit questions for the panelists on Twitter using #HeroesofHope or through the webcast messaging portal. By participating in Awareness Day Live! you will be part of a national conversation about the integration of primary care and behavioral health for children, youth, and young adults with mental and/or substance use disorders and their families.

*Please feel stop in and talk to Circles of Care staff members, Angela Hernandez and Angela Berg at the Red Cliff ECC at any time or give us a call at 715-779-5030 regarding mental health, substance abuse, or overall wellness needs in the Red Cliff community. Miligwech!
Wolf Camp
June 13th—June 16th 2017
Ages 9-18
Boys and Girls

Activities
Mushroom ID, Plant ID, Fish ID, Smoking fish tutorial, Setting nets,
Primitive Fire Starting, Shelter Making, canoe/Kayak Safety Course, firearm safety, Archery, Live Traps with Environmental staff, Crafts/Tree of life, Drumming, and S'mores around the camp fire

Spiritual Advisor: Marvin Defoe

For more information contact: Scott Babineau 715-779-3706 C: 209-2906
Gena Mertig 715-779-3706 C: 209-1374
In Collaboration with Treaty Natural Resources
Spirit Island Streambank Stabilization Community Event!

Tuesday, May 16, 2017

9am until 4pm

Come help preserve Spirit Island for future generations by planting native vegetation in an effort to stabilize the eroding streambank. Additional plants will be installed in early June to increase site diversity and reinforce stabilization.

Contact: Todd Norwood – Treaty Natural Resources
715.779.3795 or todd.norwood@redcliff-nsn.gov

Lunch provided!
Ogichidaa Storytellers Video Release

Monday, May 22, 2017
5:30 pm
Legendary Waters Convention Center

Come and screen the new GLIFWC short video on the Surnoe Decision!

Learn about the rich history of Anishinaabe treaties and the warriors that stood up to defend them. Hear from some of the warriors in a community dialogue. Students and youth highly encouraged to attend!

Can't make the event? There will be a second Ogichidaa Storytellers video screening @ Northern Great Lakes Visitor Center on Thursday, May 25 at 5:30 pm in the theater.

Event sponsored by GLIFWC and the Red Cliff Band of Lake Superior Chippewa.

This project was funded in part by a grant from the Wisconsin Humanities Council, with funds from the National Endowment for the Humanities. Any views, findings, conclusions or recommendations expressed in this project do not necessarily represent those of the National Endowment for the Humanities. The Wisconsin Humanities Council supports and creates programs that use history, culture, and discussion to strengthen community life for everyone in Wisconsin.
RED CLIFF TRIBAL HISTORIC PRESERVATION OFFICE
ARCHAEOLOGICAL PARAPROFESSIONAL TRAINING SESSION
May 17, 18, 2017 Classroom – May 19, 22, 23, 2017 Field work excavations
(Training is provided by the Red Cliff THPO and the WISDOT/THPO training program.)

Archaeological paraprofessional training consists of completion of 40 hours of classroom and field instruction in accordance with the Paraprofessional Program Guidelines (attached). For new paraprofessionals, two days of classroom training and three days of field training are required to receive Archaeological Paraprofessional Certification. For recertification, the two days of classroom are optional, however three days of field training is required. Participants can opt to work all five days in the excavation if they desire, only three days are required.

NOTE: This training is targeted primarily for Young Adults 18 to 24 and Elders 55 and above but other community members may apply. Targeted trainees are eligible to receive $500 Stipends upon completion of the 40 hour training. If our targeted recruitment goal is not met, remaining stipends will be paid to other trainees enrolled. There are a total of 10 stipends available for Para-Professional trainees.

Please complete the registration form and return to the Tribal Historic Preservation Offices.

REGISTRATION FORM
Archaeological Para-Professional Certification Training
May 17, 18 Classroom @ Tribal Center Offices May 19, 22, 23 Field Excavation on Reservation

Requirements for certification (and stipend) are:
Initial certification for 40 hrs.: Two classroom days and three excavation days required.
Recertification 24 hrs.: Classroom optional, three excavation days required.

NAME: ________________________________

ADDRESS: __________________________________________________________________________

DAYTIME PHONE: _________________________ CELL PHONE: ____________________________

EMAIL: ______________________________

SSN#: _______________________________ Date of Birth: __________________________

Tribal Affiliation: ______________________________

Please return this registration form by MAY 15, 2017 to THPO office
*FOR MORE INFORMATION*
  lbalber@redcliff-nsn.gov or kathy.kae@redcliff-nsn.gov
  715-779-3700
PARA-PROFESSIONAL PROGRAM GUIDELINES

The paraprofessional program is designed to:
1. Provide the Tribal Historic Preservation Office with trained tribal employees and tribal members to assist in archaeological investigations;
2. Provide tribal employees and tribal members with information on the Tribal Historic Preservation Office program, the importance of historic properties, and the types of historic properties found on the reservation.

Paraprofessionals can take the information about the cultural resource program back to their departments. Paraprofessionals have the advantage of knowing there is a possibility of historic properties throughout the reservation, and the ability to identify these properties when performing their duties on reservation lands.

REQUIREMENTS FOR CERTIFICATION

This training will be arranged through the Tribal Historic Preservation Office and will be conducted by a professional archaeologist. Requirements for initial certification:
- Attend a minimum of 16 hours of classroom training, which includes introduction to historic preservation law and practice, documenting sites through archives, oral interview and archaeological methods.
- Complete 24 hours of field work under the supervision of a professional archeologist;
- Have the ability to use compass and pace methods to map sites and relocate the exact site area.

Certification is valid for one calendar year from the date of the training.

PARA-PROFESSIONAL PARTICIPATION IN INVESTIGATIONS

Certified paraprofessionals in active status serve as Tribal Monitors and provide tribal departments with a means to assist the Tribal Historic Preservation Officer in completing legally mandated archaeological investigations prior to the beginning of ground-disturbing activities. The Tribal Historic Preservation Officer will determine if the paraprofessional will be permitted to conduct investigations without supervision. Only certified paraprofessionals in active status may conduct archaeological survey; and may not supervise untrained personnel without permission from the Tribal Historic Preservation Officer. No archaeological investigations can be done by paraprofessionals without coordination with the Tribal Historic Preservation Officer.
Red Cliff Elderly Program

Oaner’s Closet

Now available are:

Wheel Chairs
Canes
Walkers
Toilet Seats/ with handles
Shower Chairs
Blood Pressure Kits
Transfer Chairs
Commodes

For more information please contact
Grace Livingston, Director
715-779-3706
<table>
<thead>
<tr>
<th></th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 Baked Chicken Baby Red Smashed Potato</td>
<td>2 Split Pea Ham Sandwich</td>
<td>3 Pork Chop Noodle</td>
<td>5 Hrodog/Bun Potato Salad Bread Stick</td>
<td>6 Sack Lunch Roast Beef/Cheddar Baked Beans Cheese Stick Apple</td>
</tr>
<tr>
<td></td>
<td>2 Baked Chicken Baby Red Smashed Potato</td>
<td>3 Pork Chop Noodle</td>
<td>4 Spaghetti Meat Sauce Salad Peaches</td>
<td>5 Hrodog/Bun Potato Salad Bread Stick</td>
<td>6 Sack Lunch Roast Beef/Cheddar Baked Beans Cheese Stick Apple</td>
</tr>
<tr>
<td></td>
<td>3 Pork Chop Noodle</td>
<td>4 Spaghetti Meat Sauce Salad Peaches</td>
<td>5 Hrodog/Bun Potato Salad Bread Stick</td>
<td>6 Sack Lunch Roast Beef/Cheddar Baked Beans Cheese Stick Apple</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 Spaghetti Meat Sauce Salad Peaches</td>
<td>5 Hrodog/Bun Potato Salad Bread Stick</td>
<td>6 Sack Lunch Roast Beef/Cheddar Baked Beans Cheese Stick Apple</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5 Hrodog/Bun Potato Salad Bread Stick</td>
<td>6 Sack Lunch Roast Beef/Cheddar Baked Beans Cheese Stick Apple</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6 Sack Lunch Roast Beef/Cheddar Baked Beans Cheese Stick Apple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7 Split Pea Ham Sandwich</td>
<td>8 Hamburger Mac</td>
<td>9 Liver &amp; Onions Mashred Potato Corn Apple Sauce</td>
<td>10 Taco Salad/Chips Black Beans Rice Peaches</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 Hamburger Mac</td>
<td>9 Liver &amp; Onions Mashred Potato Corn Apple Sauce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 Liver &amp; Onions Mashred Potato Corn Apple Sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 Taco Salad/Chips Black Beans Rice Peaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 Sloppy Joe's Potato Wedge Brussels Sprouts Cantaloupe</td>
<td>12 No Service Tribal Holiday Indian Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 Sloppy Joe's Potato Wedge Brussels Sprouts Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12 No Service Tribal Holiday Indian Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12 No Service Tribal Holiday Indian Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>13 Stuck Lunch Tuna Salad/Pineapple Cauliflower/Carrot Orange</td>
<td>14 Baked Fish Parsley Noodle Peas Apricots</td>
<td>15 Turkey/Gravy Mashed Potato Stuffing Green Bean Casserole Bun Dessert</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>13 Stuck Lunch Tuna Salad/Pineapple Cauliflower/Carrot Orange</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14 Baked Fish Parsley Noodle Peas Apricots</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>15 Turkey/Gravy Mashed Potato Stuffing Green Bean Casserole Bun Dessert</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16 Vegetable Beef Soup Bolognna Spread Sandwich Jell-O/Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17 Baked Fish Parsley Noodle Peas Apricots</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>18 BBQ Chicken Baked Potato Beets Pears</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>19 Breakfast Oatmeal/Bacon Scrambled Egg Hash Brown</td>
<td>20 Stuck Lunch Peanut Butter/Jelly Broccoli/Cucumber Chips Banana</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>20 Stuck Lunch Peanut Butter/Jelly Broccoli/Cucumber Chips Banana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21 Stuck Lunch Peanut Butter/Jelly Broccoli/Cucumber Chips Banana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>22 Meat loaf Mashed Sweet Potato Scalloped Corn Pineapple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>23 Chicken Alfredo Noodles Brussels Sprouts Cheese Stick</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24 Sausage Pepperoni Pizza Salad Peach</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>25 Ham Baked Vegetable Dinner Rolls Cake</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>26 Cold Tuna Mac Salad Ham Sandwich Cheese Stick Pineapple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>27 Stuck Lunch Egg Salad Sandwich Cheese Stick Pineapple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>28 No Service Tribal Holiday Memorial Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>29 No Service Tribal Holiday Memorial Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>29 No Service Tribal Holiday Memorial Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 Scallop Potato/Ham Carrots &amp; Peas Apricot</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>31 Beef Stew Biscuit Mandarin Oranges</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*All Meals Subject to Change without notice*

*Red Cliff Elderly Menu*

*May 2017*
May 2017 Elder Month of Events

*Friday May 5th - Ashland Shopping leave at 9:00am

*Friday May 5th Tribal Primary Voting @ Legendary Waters, transportation available 10am-2pm

*Friday May 12th - No Service Tribal Holiday

*Wednesday May 17th Library Trip 9:30-11:30 am

*Thursday May 18th - Corny Day Trip leave at 9:30am

*Sunday May 21st - LCO Bingo, Hayward leave at 9:00am

*Tuesday May 23rd - Ashland Shopping Day leave at 9:00am

*Monday May 29th - No Service Tribal Holiday

If interested in attending any of these events, please feel free to call Nutrition Center to sign up. 715-779-3746

~Miigwech~
We are looking for

Any Caregivers interested in a Caregivers Support Group.

For more information please contact
Grace Livingston
Red Cliff Aging Director
715-779-3706
## Bayfield Area Recreation Center
### 2017 Spring Hours and Rates

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Description</th>
<th>Month</th>
<th>3 Months (Save 5%)</th>
<th>Year (Save 10%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth/Student</td>
<td>Under 18 or current high school or college student</td>
<td>$29</td>
<td>$83</td>
<td>$313</td>
</tr>
<tr>
<td>Adult</td>
<td>18 or over, not enrolled in school</td>
<td>$37</td>
<td>$106</td>
<td>$400</td>
</tr>
<tr>
<td>1 Parent Family</td>
<td>1 adult and dependent children (under 18 or currently in high school or college)</td>
<td>$41</td>
<td>$117</td>
<td>$443</td>
</tr>
<tr>
<td>2 Parent Family</td>
<td>2 adults in same household and dependent children (under 18 or currently in high school or college)</td>
<td>$48</td>
<td>$137</td>
<td>$518</td>
</tr>
<tr>
<td>Senior</td>
<td>60-79</td>
<td>$33</td>
<td>$94</td>
<td>$356</td>
</tr>
<tr>
<td>Senior Family</td>
<td>2 seniors in same household and dependent children (under 18 or currently in high school or college)</td>
<td>$45</td>
<td>$128</td>
<td>$486</td>
</tr>
<tr>
<td>Super Senior</td>
<td>80 and over are free</td>
<td>$0</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>

### Daily Rates
- **Youth/Student/Senior (60+)**: $6
- **Super Senior**: $0
- **Adult**: $10
- **Family**: $16
- **Shower**: $4

**Guest Discount**: Members can bring up to two guests per visit at a 50% discount. Guest Family rate is $14.

### Punch Passes
- **Youth/Student**: $49
- **Adult**: $79
- **Senior (60+)**: $49
- **Yoga**: $79

### HOURS
#### Fitness Room + Racquetball Court
- **Monday-Friday**: 6:00am-8:00pm
- **Saturday**: 7:00am-5:00pm
- **Sunday**: 9:00am-5:00pm

#### Lap Swim
- **Monday-Friday**: 6:00am-9:00am
- **Mon, Wed, Fri**: 11:00am-1:00pm
- **Saturday**: 7:00am-9:00am
- **Sunday**: 9:00am-10:00am

#### Open Swim
- **Monday-Friday**: 4:00pm-8:00pm
- **Saturday**: 9:00am-5:00pm
- **Sunday**: 10:00am-5:00pm

**SUMMER HOURS BEGINNING JUNE 12**
- **Lap Swim will be every weekday 12-2**
- **Open Swim will be every weekday 2-8pm**

Need-based financial assistance is available for all memberships, classes, and programs. Please stop at the office for more information or to apply!

www.recreationandfitnessresources.org | 715-779-5408 | info@recreationandfitnessresources.org
140 S Broad St | PO Box 1146 | Bayfield, WI 54814
Director's Letter

Welcome to our first newsletter!

A newsletter for the Bayfield Carnegie Library has been in the works for over a year. It will feature a director's column; new library materials available; upcoming events and activities at the library; and book reviews from our community. As our quarterly newsletter evolves we will add new content and spotlight areas. We're all very excited for the possibilities.

I wanted to highlight some of the many library happenings in the past two years—and what a ride it’s been! The library has seen great growth in many areas. We completed a 2015-2020 Strategic Plan, (free copies available at the library) and a major cosmetic renovation on the main floor in 2016. The latter features custom-made, gorgeous book cases, new carpeting, blinds, and a special Nautical collection area in the front area of the library. If you haven't seen the new look yet, please stop in and check it out.

We started our area's first-ever Comic/Sci-Fi Con here at the library in 2015. It was met with such enthusiasm and great press that we did another one—this time at Bayfield School—in 2016, which featured new, expanded activities and a special visit from the Star Wars 501st Wisconsin Legion group. We are planning to hold another Con in 2017, by partnering with Red Cliff and Legendary Waters, and the idea is to make it all-encompassing; fantasy, comics, science fiction, indigenous culture, gaming, cosplay, art exhibits, etc.

Speaking of Cons, I had the great opportunity to attend the first of its kind "Indigenous Con" last November in Albuquerque, New Mexico. What a fantastic experience! The spirit there, the energy and the positivity were incredible.

I met great people and made new contacts, including a few who are interested in coming to a future Con here. I want to thank my library board for supporting me going and help making it happen.

2016 saw our Winter Lecture Series expand, when we combined it with a Community Read of "Blue Mind," which is about the benefits of living near, around and under water, and also explores in detail the neuroscience of the many benefits of water. The Community Read program was excellently received, and we also had the author of the book at the pavilion on a bitterly cold January night, where 150 people attended! Look for more Community Reads in the near future. Our 2017 Winter Lecture Series is about Social Justice: The Fight for Equality. We will have speakers January-April, including Parents, Families, and Friends of Lesbians Gays (PFLAG) in March, and a screening of the recent Red Cliff documentary followed by panel discussion; plus our community's own Mary Dougherty, in April. Look for those dates on our web site and Facebook page, and watch for flyers for these programs around the area.

Finally, I want to tell you that circulation is a vital part of our library's funding. Checking out even one item—book, movie, CD, audiobook, magazine—brings in the equivalent of $3.25 for the library's budget. If patrons check out more items, our budget will be stronger.

Thanks to all of you for your support of the library. It always means a lot to us. I hope you enjoy our first newsletter. Thanks to all the people, including those who have donated funds for printing costs, who made this happen. See you soon!

- Blair Nelson, Director

Show Your Support - FRIENDS OF THE LIBRARY

Friends of the Library groups are nonprofit groups who support the library with fundraising, advocacy, volunteer programs, public awareness campaigns, and other programs. To join or renew your membership return this form with your tax deductible donation to:

37 N. Broad St., Bayfield, WI 54814

Name: ____________________________
Address: ________________________
City: _____________________________
State: ______________ Zip: __________
Email: __________________________

Membership type:
- Student / Senior: $10   - Sponsor: $250
- Individual / Family: $20 - Additional donation
- Business: $100

Sisters Anna Lee and Ophelia Larson recently completed a milestone in their young lives: they were the first kids in the Bayfield area to complete the "1,000 Books Before Kindergarten" program.
Congratulations to them!
BAYFIELD CARNEGIE LIBRARY PRESENTS A FREE SHOWING

THE EAGLE HUNTRESS

Friday, May 12 • 7:00 pm
37 North Broad Street
Bayfield, WI 54814

FIND US ON FACEBOOK:
Bayfield Carnegie Library

For more information visit bayfieldlibrary.org or call 715-779-3953

“A TRULY ENCHANTING, HEART WARMING & UPLIFTING TALE.”

“A BLISS OUT”
NEW YORK TIMES

“BEAUTIFUL”
LOS ANGELES TIMES

“IRRESISTIBLE”
SIGHT & SOUND

“UTTERLY CAPTIVATING”
RAIRD TIMES
Bayfield Library
16th Annual Thrift Sale

Saturday, May 6th
8:00am to 1:00pm
at Bayfield Lakeside Pavilion

Collectibles, Gardening Equipment, Linens,
Household Items, Toys, Jewelry, Furniture, Craft
Supplies, Books, Movies, Sporting Goods and More!

Donations are requested.
Bring items to the Pavilion on Friday, May 5th from 9-5
or to the Library during regular Library hours.
779-3953
North Country Independent Living

DEVICE LOAN & DEMONSTRATION PROGRAM

Our agency maintains a program with different devices for the purposes of demonstrating or loaning out the devices so a person can "TRY BEFORE YOU BUY".

Different Kinds of Items for Work, School, Home and Life

DEVICE DEMONSTRATION

Device Demonstrations allow people to compare features and benefits of a particular assistive technology device to make an informed choice before purchasing a device.

DEVICE LOAN

Device Loans are short-term loans of assistive technology devices for the purpose of helping to decide if an item will work, filling a short-term need or filling in during an item repair.
Money Management Coach Training

A learning opportunity for agency staff, educators and community volunteers who work with (or would like to work with) consumers on personal finance topics.

Learn to help people

- Set financial goals
- Develop budgets and savings plans
- Reduce debt and build credit
- Gain financial stability

Registration required by May 17.

Registration Fee: $20.00
Includes Lunch, Materials & CEUs

Tuesday, May 23, 2017
9:30 AM to 3:30 PM
Bay Area Rural Transit Building
300 Industrial Park Road
Ashland

Space is Limited. To register or learn more, call UW-Extension 715-373-6104 or 715-682-7017

An AA/EEO employer. University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.
The Wisconsin Alzheimer’s Family and Caregiver Support Program (AFCSP) was created to enhance the lives of informal and family caregivers while helping people with Alzheimer’s Disease or other dementia remain living in the community as long as possible.

How Does the Program Work?
Funds are available in each county for qualified individuals to provide temporary caregiver respite care and purchase goods and services needed to help care for someone with irreversible dementia.

What Can the Program Provide?
Typical goods and services include:
- Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- Emergency response systems
- Transportation expenses
- Incontinence supplies
- Home safety modifications
- Home-delivered meals
- Specialized clothing
- Activities and hobby supplies
- Legal expenses related to guardianship
- Caregiver counseling services
- Caregiver education classes
- Individualized services as approved.

Who is Eligible?
Families are eligible if three criteria are met:
1. There is a diagnosis of Alzheimer’s disease or other dementia
2. The person with dementia resides in a community or home setting (not a facility)
3. The person with dementia and spouse have a gross annual income of $48,000 or less
   (Costs related to dementia-related care may be deducted when calculating gross income)

How Do I Apply?
Contact your county or tribal aging office or Aging & Disability Resource Center for more information about how to enroll, or call 866-843-9810.

Dane County AAA
Ph: 608-232-3400

Milwaukee County AAA
Ph: 414-289-6874

GWAAR AAA
Ph: 608-243-5670

Tribal Technical Assistance Center
Ph: 800-472-7207
Bay Area Home Health is Hiring!

- Personal Care Workers
- Supportive Home Care Workers
- Certified Nursing Assistants

Enjoy a flexible work schedule while working in a rewarding career.

- Mileage and/or Travel Time Reimbursed
  - Provide individualized care such as bathing, dressing, grooming, cleaning, and cooking tasks in the patient's home.
  - Monitor or report changes in health status.

Pick up an application at our front desk or call to have one mailed to you.

Bay Area Home Health
1601 Beaser Ave.
Ashland, WI 54806
715-682-9500
Baby and Toddler Math Milestones

Numbers

Between the ages of one and two, some children will understand, but not be able to explain the concepts of “more” and “enough.” For example, when they want more cookies than they were given, they will say “more.” They also may say “no more” when they are satisfied with the amount they were given.

Some two-year-olds may understand the words “one” and “two.” And they will be able to follow simple directions, such as asking them to “take one” or “pick two.”

Many two-year-olds will know they are two and can hold up two fingers to show you.

Toward the end of the second year, some two-year-olds may try to recite number words in sequence but as they count higher, they may get the numbers out of order.

Geometry: Shapes & Space

Many one-year-olds understand that when an object is hidden from view it still exists, but is just “hiding.”

Between the ages of one and two, many children figure out how to match same-size shapes with each other. Some will be able to match same-size circles to circles, squares to squares, and triangles to triangles. With increased experience, they will be able to do this with different-size shapes — for example, matching a small circle to a big circle.

During their second year, many children will learn how to stack three or more blocks to make a tower.

Many children will learn how to do simple “insert” or shape puzzles throughout their second year. These are puzzles with a single, simple picture on each piece.

Measurement

During their first year, many children figure out how to judge short distances. They can adjust their reach to pick up an object. During their second year, many figure out how to jump over a small object, and take long steps as they walk.

Between the first and second year, some children will explore quantity by filling and emptying containers with water or sand. Throughout these early years, many children will believe that a single cracker broken into many pieces is more food than the same unbroken cracker.

A few two-year-olds will discover how to correctly use words like “big” or “small,” “fast” or “slow,” “heavy” or “light.” For instance, a child might say: “My sister is a baby. She is small. I am big!”
MATH MILESTONES Ages 3-5

Numbers

During their third year, many children can tell their age and hold up that many fingers to demonstrate.

During the fourth year, many can accurately count up to five items, some can count up to 10, and a few can count to 20.

Many four-year-olds can tell what number comes after a given number in a sequence up to 10. For example, if asked “What comes after 1-2-3-4-5-6?” many four-year-olds can answer “7,” and so forth.

Given two numbers between one and 10, many five-year-olds can tell which of the two is larger.

Geometry: Shapes & Space

During the third, fourth and fifth years, children physically explore and gain understanding of the directional words “up,” “down,” “front,” “back,” “over,” “under,” “above,” “on,” “beside,” “next to,” “in front,” “behind,” “inside,” “outside,” “between,” “left,” “right,” etc. By the fifth year, they can accurately use the words in a sentence.

During the fourth year, many children can recognize and name shapes with different sizes and orientations (for example, circles, squares, rectangles, and triangles).

Many four-year-olds will naturally make shapes that show symmetry without necessarily understanding the concept. For example, they might make a structure with blocks where one side of the structure is identical to the other because it appeals to them.

When asked, some four- and five-year-olds can copy a shape from memory after looking at it for several seconds.

Some four- and many five-year-olds can use a simple, two-dimensional picture map to find an object hidden in an actual, three-dimensional room.

Measurement

During the third and fourth years, many children figure out how to compare two different objects. They might take two pencils and put them side by side and then tell you which is longer.

During their fourth year, many children will be able to compare objects using words such as “bigger” and “smaller,” “longer” and “shorter,” “heavier” and “lighter,” and “faster” and “slower.”

During the second half of the fourth year, most children will understand that, when given a group of items (like a handful of cookies), if they give one away, they will have less. Or, if you give them another item, they will have more.

During the second half of their fourth year, many children will understand different time concepts, such as morning, afternoon, night, earlier, later, and soon. Some children can name the days of the week, and some can name the months and the seasons.
Age 3

Tips for Supporting Development

- Let your child help you with small chores, like putting clean socks in a drawer or stirring pancake batter.
- Offer toys, like small balls and beads to string on a shoe lace, to build fine motor skills (finger use).
- Keep reading to your child. Reading the same book over again helps your child learn.
- Give your child a few simple choices, such as what to wear or what to eat for a snack.
- Provide clear, consistent rules.
- Provide options when you say “no” such as offering coloring or reading instead of active play near bedtime.
- Urge your child to play with other children, take turns, and share.
- Be patient with toilet training. Treat accidents calmly and simply.
- Talk often with your child. Ask questions and listen.

Benefits of Play: Play helps children’s brains develop. They learn how things fit together, how items compare, and how to discover patterns. Play helps them learn to connect with others, settle conflict, develop compassion, caring, and learn patience. It helps them make sense of their world.

Photograph by Christa Thac

Photograph by Paula Cartwright

fvi.uwex.edu/parentingthepreschooler/
Developmental milestones are skills that appear in a certain order for all children. Each child will reach these milestones at different rates. Developmental milestones help parents understand what to expect as their child grows.

Developmental Milestones

At age 3, watch for your child’s ability to:
- Dress and undress himself
- Go up and down stairs holding a railing
- Use children’s scissors
- Draw a person with 2-4 body parts
- Follow 2-3 steps of instructions
- Play make-believe with toys, pets, and people
- Say first name, age, and sex
- Name a friend
- Understand the idea of his, hers, and mine
- Speak in 5-6 word sentences
- Show interest in new things
- Be able to name some colors
- Copy adults and friends

What is developmental screening?

Developmental screening can help you determine if your child is developing on track for his or her age. It’s a way to check if there are any problems in how your child learns, plays, speaks, or acts.

Ask your child’s doctor, child-care provider, early childhood teacher, or home visitor about doing a developmental screening. There are tools that have been developed just for parents to use with their children. Find one for your child’s age at: http://www.cdc.gov/ncbddd/actearly/milestones/index.html.

Parents who have used a developmental screening tool with their children say it helped them learn more about child development. It’s great hands-on parenting!
Tips for Supporting Development

- Offer sincere, specific praise to reward behavior you want to encourage. “I like the way you sat quietly and listened.”
- Encourage your child’s imagination and creativity by taking time to answer her questions, introducing different ways of using things, and providing new experiences.
- Help your child express his feelings through the use of his words, pretend play, or drawing a picture.
- Encourage outdoor play to keep your child active and build motor skills.
- Give your child new opportunities and help her finish what she starts. Provide support, while letting her finish and feel the accomplishment.
- Provide consistent, daily routines.
- Give your child plenty of time to engage in activities. Rushing is stressful.

Social and Emotional Growth: Help your child build a strong foundation for life by being her role model. Coach your child on how to cope with her feelings, understand others’ feelings and needs, and have positive relations with others. Help her practice sharing.
Developmental milestones are skills that appear in a certain order for all children. Each child will reach these milestones at different rates. Developmental milestones help parents understand what to expect as their child grows.

**Developmental Milestones**

At age 4, watch for your child's ability to:

- Follow a few, short, easy directions
- Sing a song or say a short poem
- Stand on one foot for 5-10 seconds and not lose balance
- Stand, hop on one foot, and jump at least 20 inches forward on two feet
- Color mostly within the lines
- Copy some letters of the alphabet
- Count 5 or more objects
- Play simple board or card games
- Express anger with words rather than in a physical way
- Have a sense of humor and try to make others laugh
- Enjoy playing with other children

**What is developmental screening?**

Developmental screening can help you determine if your child is developing on track for his or her age. It's a way to check if there are any problems in how your child learns, plays, speaks, or acts.

Ask your child's doctor, child-care provider, early childhood teacher, or home visitor about doing a developmental screening. There are tools that have been developed just for parents to use with their children. Find one for your child's age at: [http://www.cdc.gov/ncbddd/actearly/milestones/index.html](http://www.cdc.gov/ncbddd/actearly/milestones/index.html).

Parents who have used a developmental screening tool with their children say it helped them learn more about child development. It's great hands-on parenting!

**UW-Extension Family Living Programs**

"Raising Kids, Eating Right, Spending Smart, Living Well"

For more information, please contact your county UW-Extension office:

[http://counties.uwex.edu/](http://counties.uwex.edu/)
Tips for Supporting Development

- Provide your child with board games, play dough, puzzles, books, glue, scissors, crayons, paper, and blocks to build skills and brain power.
- Help your child learn new skills such as skipping or swimming. Five-year-olds are ready to try new things and master skills that build confidence.
- Share stories from diverse cultures. Ask your child to tell you a story.
- Encourage your child to help with simple chores.
- Help your child to learn through all of the senses (smelling different scents and feeling fuzzy, silky or scratchy fabric while blindfolded).
- Discuss safety rules and why they are important. Examples are wearing a bike helmet or holding hands while crossing the street or in a crowd.
- Build your child's imagination, curiosity, and need to fit in the world by asking "what if?" questions, such as "What if you were taller than a tree?"
- Help your child through the steps to solve problems when she is upset.

Healthy Bodies: Enjoy meals with your child as often as possible. Eat lots of fruits and vegetables as a way to urge your child to eat them, too. Make sure your child gets the rest he needs. Balance screen time with physical activity so your child learns to love being active.
Developmental milestones are skills that appear in a certain order for all children. Each child will reach these milestones at different rates. Developmental milestones help parents understand what to expect as their child grows.

Developmental Milestones
At age 5, watch for your child’s ability to:

- Ride a bike with training wheels, swim, skate, and jump rope
- Walk on tiptoes across a room and begin to skip
- Tell riddles and jokes
- With practice, catch a medium size ball
- Say full name, address, and birthday
- Print some letters of the alphabet without examples to copy
- Draw a person with a head, body, arms, legs, and other body parts
- Use scissors to cut out shapes
- Count to 20 and name colors
- Take turns often during play and share more
- Express feelings and have friendships

What is developmental screening?
Developmental screening can help you determine if your child is developing on track for his or her age. It’s a way to check if there are any problems in how your child learns, plays, speaks, or acts.

Ask your child’s doctor, child-care provider, early childhood teacher, or home visitor about doing a developmental screening. There are tools that have been developed just for parents to use with their children. Find one for your child’s age at: http://www.cdc.gov/ncbddd/actearly/milestones/index.html.

Parents who have used a developmental screening tool with their children say it helped them learn more about child development. It’s great hands-on parenting!

UW-Extension Family Living Programs
"Raising Kids, Eating Right, Spending Smart, Living Well"

For more information, please contact your county UW-Extension office:

http://counties.uwex.edu/
Bullying: It's Not OK

Bullying is when one child picks on another child again and again. Usually children who are being bullied are either weaker or smaller, are shy, and generally feel helpless.

Facts About Bullying

- Both girls and boys can be bullies.
- Bullies target children who cry, get mad, or easily give in to them.
- There are 3 types of bullying.
  - Physical—hitting, kicking, pushing, choking, punching
  - Verbal—threatening, taunting, teasing, hate speech
  - Social—excluding victims from activities or starting rumors about them

Bullying Happens:

- At school—in the halls, at lunch, or in the bathroom, when teachers are not there to see what is going on.
- When adults are not watching—going to and from school, on the playground, or in the neighborhood.
- Through e-mail or instant messaging—rumors are spread or nasty notes are sent.

Bullying is Different from Fighting or Teasing:

- A bully has power over another child.
- Bullies try to control other children by scaring them.
- Being picked on over and over can make your child a victim.
- Bullying usually happens when other children are watching.

Talk With Your Child About Bullying

Even if you don’t think your child is bullied, a bully, or a bystander, you will be helping to protect your child just by asking these questions:

- “How are things going at school?”
- “What do you think of the other kids in your class?”
- “Does anyone get picked on or bullied?”

When your child is bullied, talk with your child about how to stay safe (http://www.healthychildren.org/English/safety-prevention/at-play/pages/Avoiding-Bullying.aspx). Bullies always pick on smaller or weaker children. If there is a fight, and the bully “wins,” this will only make matters worse for your child.

Help your child learn how to respond

Let’s talk about what you can do and say if this happens again.

Teach your child how to:

- Look the bully in the eye.
• Stand tall and stay calm in a difficult situation.
• Walk away.

Teach your child how to say in a firm voice:

• “I don’t like what you are doing.”
• “Please do NOT talk to me like that.”
• “Why would you say that?”

Just telling your child to do and say these things is not enough. For many children, these skills do not come naturally. It is like learning a new language—lots of practice is needed. Practice so that, in the heat of the moment, these skills will come to your child naturally.

Teach your child when and how to ask for help. Your child should not be afraid to ask an adult for help when bullying happens. Since some children are embarrassed about being bullied, parents need to let their children know that being bullied is not their fault.

Encourage your child to make friends with other children. There are many adult-supervised groups, in and out of school, that your child can join. Invite your child’s friends over to your home. Children who are loners are more likely to get picked on.

Support activities that interest your child. By participating in activities such as team sports (http://www.healthychildren.org/English/healthy-living/sports/pages/Choosing-a-Sports-Programs.aspx), music groups, or social clubs, your child will develop new abilities and social skills. When children feel good about how they relate to others, they are less likely to be picked on.

Alert school officials to the problems and work with them on solutions.

• Since bullying often occurs outside the classroom, talk with the principal, guidance counselor, or playground monitors, as well as your child’s teachers. When school officials know about bullying, they can help stop it.
• Write down and report all bullying to your child’s school. By knowing when and where the bullying occurs, you and your child can better plan what to do if it happens again.
• Some children who are bullied will fear going to school, have difficulty paying attention at school, or develop symptoms like headaches or stomach pains.

When Your Child is the Bully

If you know that your child is bullying others, take it very seriously. Now is the time when you can change your child’s behavior.

In the long run, bullies continue to have problems. These problems often get worse. If the bullying behavior is allowed to continue, then when these children become adults, they are much less successful in their work and family lives and may even get in trouble with the law.

Set firm and consistent limits on your child’s aggressive behavior. Be sure your child knows that bullying is never OK.

Be a positive role model. Children need to develop new and constructive strategies for getting what they want.

Show children that they can get what they want without teasing, threatening, or hurting someone. All children can learn to treat others with respect.

Use effective, nonphysical discipline, such as loss of privileges. When your child needs discipline, explain why the behavior was wrong and how your child can change it.

Help your child understand how bullying hurts other children. Give real examples of the good and bad results of your child’s actions.

Develop practical solutions with others. Together with the school principal, teachers, counselors, and parents of the children your child has bullied, find positive ways to stop the bullying.
Benefits of Breastfeeding

Human milk is uniquely suited for human infants

- Babies were born to be breastfed.
- Human milk is easy to digest and contains more than 200 components that babies need in the early months of life.
- Factors in breast milk protect infants from a wide variety of illnesses.
- Children who have been breastfed have less risk of becoming overweight or obese, even as adults.
- Research has shown that children who had been breastfed had higher IQs.

Breastfeeding saves lives

- Lack of breastfeeding is a risk factor for sudden infant death syndrome (SIDS).
- Human milk protects premature infants from life-threatening gastrointestinal disease.
- Breastfed children have lower risk of dying before their first birthday.

Breastfed infants are healthier

- Formula fed infants have twice the risk of having ear infections in the first year than infants who are exclusively breastfed for at least 4 months.
- Breastfeeding reduces the incidence, and lessens the severity of a large number of infections, including pneumonia and meningitis in infants.
- Breastfeeding protects infants against a variety of illnesses, such as diarrhea and infant botulism.
- Breastfed babies have less chance of allergies, asthma and eczema.
- Evidence suggests that exclusive breastfeeding for at least two months protects susceptible children from Type I insulin dependent diabetes mellitus (DDM).
- Breastfeeding may reduce the risk for subsequent inflammatory bowel disease, multiple sclerosis, rheumatoid arthritis and childhood cancers.
Breastfeeding helps mothers recover from childbirth

- Breastfeeding helps the uterus to shrink to its pre-pregnancy state and reduces the amount of blood lost after delivery.
- Mothers who breastfeed for at least 3 months may lose more weight than mothers who do not breastfeed.
- Breastfeeding mothers usually resume their menstrual cycles 20 to 30 weeks later than mothers who do not breastfeed.

Breastfeeding keeps women healthier throughout their lives

- Exclusive breastfeeding for the first 6 months can help in child spacing among women who do not use contraceptives (The Lactation Amenorrhea Method).
- Breastfeeding reduces the risk of breast and ovarian cancer.
- Breastfeeding may reduce the risk of osteoporosis.

Breastfeeding is economical

- The cost of infant formula has increased 150 percent since the 1980’s.
- Breastfeeding reduces health care costs.

Breastfeeding is environmentally sound

- Unlike infant formula, breastfeeding requires no fossil fuels for its manufacture or preparation.
- Breastfeeding reduces pollutants created as by-products during the manufacture of plastics for bottles and metal for cans to contain infant formula.
- Breastfeeding reduces the burden on our landfills, as there are no cans to throw away.

WIC can help you with breastfeeding. Find out if you qualify.
WIC serves low-income pregnant women, breastfeeding and new moms, and children under 5 years old.

WIC is an equal opportunity program.

Women, Infants and Children Supplemental Nutrition Program
Call Toll-Free:
1-888 WIC WORKS
Food + games = picnic!

A picnic is a terrific way to mix yummy food and active games over the nice summer months. Here are some fun combinations.

Bunnies in the grass
The food: Chow down on a bunny feast. Try carrot sticks with a side of hummus or a cold salad made with whole-grain pasta, chopped vegetables, and a lemony dressing.

The game: Race like a bunny. Each person holds a ball between her knees and hops toward a finish line. Drop the ball, and you have to begin again.

Burgers and bowling
The food: Enjoy hamburgers—deconstructed! Thread skewers with cooked turkey or lean beef meatballs and all the fixings—cherry tomatoes, lettuce, sliced cucumbers, and chunks of cheddar or other cheese. Bring mustard and ketchup for dunking.

The game: In a grassy area or on a sidewalk, set up "bowling pins" of partially filled water bottles. Play a few rounds, using a softball to knock down the pins.

Beach time, anytime
The food: Pack "fish" (tuna salad sandwiches), "sand" (a salad of corn, red onion, and crumbled cotija or feta cheese tossed in lime juice and olive oil), and "sails" (triangle-shaped watermelon wedges).

The games: Play badminton, toss a Frisbee, or fly a kite. Or try this version of volleyball: Lob a beach ball over a "net" made from a rolled-up beach towel or blanket placed on the ground.

Summer safety

Playing outside is one of the best parts of summer. Use these tips to keep your youngster healthy and safe as he plays.

Stay hydrated. Children often forget to drink fluids when they're having fun. To prevent dehydration, remind your child to take frequent water breaks.

Avoid sun damage. Exposure to sun now can increase your youngster's risk of skin cancer later. Help him apply sunscreen 30 minutes before he goes outdoors. Reapply every 2 hours. Note: Clouds don't block all of the sun's harmful rays, so use sunscreen even on cloudy days.

Beware of bugs. Insect repellent can protect your child from tick- and mosquito-borne illnesses. Look for child-safe products, or ask your pediatrician for advice.
Create a cookbook

Let your youngster craft his own cookbook—he'll get excited about cooking, enjoy eating the healthy food he makes, and practice reading and writing. These steps will get him started.

1. Collect. Together, brainstorm healthy recipes to include. They might be his favorites from home, or he could ask relatives, neighbors, and friends to contribute theirs.

2. Organize. Help your child decide how to arrange the recipes. He may want to group them in a binder or an accordion file by category (starters, main dishes, sides, dessert). Or he can put them into folders according to food groups: fruits, vegetables, grains, protein, and dairy. Idea: Suggest that he classify fruit and vegetable recipes by color (red fruits, yellow vegetables). This will remind him to eat a variety of colors.

3. Illustrate. Have your youngster add drawings or photos of each dish. Even better, take pictures of him cooking, and he could include those.

4. Explain. Encourage him to write stories introducing some recipes. For example, he might describe the first time he tried a particular food or why he likes a certain dish.

---

**Activity Corner**

Relay games

Build your child's coordination skills with these lively family games.

**Run forward, throw back**

Players line up, with the first person holding a ball. At the signal, he runs to a designated spot, turns around, and tosses the ball to the next person in line. That player catches the ball and repeats the process. Continue until everyone has had five turns to catch, run, and throw. Variation: Before throwing the ball, do movements like three jumping jacks or five squats.

**Egg-and-spoon race**

Divide into teams. The first runners each place a hard-boiled egg on a spoon. They run (or walk quickly) to a turnaround point and then run back—passing the egg and spoon to the next person in line. (Drop the egg, and you have to stop to pick it up.) First team to finish wins! Variation: Play with an egg and a spoon in each hand.

---

**Q&A Healthy lunch to go**

Q: During the school year my daughter buys lunch at school. But this summer she's going to day camp, and I'll need to pack her lunch. What advice do you have?

A: Start by shopping with her for lunch items. That way, she can help pick out foods she likes, and you'll get a chance to talk about healthy choices like whole-grain bread, lean meats, fruits, and vegetables.

Then, have your child pack her own lunch. A fun idea is to include items for her to assemble at lunchtime. For example, she might put in separate containers of marinara sauce, shredded mozzarella cheese, and round whole-wheat sandwich thins—she'll be able to make her own mini pizzas. Also, suggest fruits that travel well, such as grapes or orange slices.

**Note:** If your youngster's lunch won't be refrigerated, use an insulated bag, and include an ice pack or a frozen water bottle.

---

**In the Kitchen**

Campfire cooking

Enjoy healthy summer foods by cooking them in foil packets over a campfire, grill, or fire pit. Just place ingredients in the middle of a large sheet of heavy-duty foil and fold tightly. Try these recipes:

**Quesadilla**

Cut corn from a cob. Mix with 1/4 cup canned black beans (rinsed, drained) and 2 tbsp. shredded Monterey Jack cheese.

Spread on half of a large whole-wheat tortilla, and fold the other half over.

Cook for 15-20 minutes.

Shrimp & veggie

Marinate 1 lb. peeled, uncooked shrimp for 10-15 minutes in a mixture of 1 tsp. lime juice, 1 crushed garlic clove, 1 tbsp. olive oil, and 1/2 tsp. ground pepper. Mix with 1/4 cup chopped zucchini and 1/4 cup snap peas. Sipit among 4 packets, and grill for 10-12 minutes.

Grilled fruit

Combine 1 sliced peach or nectarine, 1 tsp. ground cinnamon, and 1 tsp. brown sugar. Cook for 15 minutes. Eat this single-serving sweet snack on its own or with fresh mint and a dollop of vanilla yogurt.
Cooking Abbreviations

tsp. = teaspoon
Tbsp. = tablespoon
c. = cup
oz. = ounce
pkg. = package

Cooking Measurement Equivalents

16 tablespoons = 1 cup = 8 fluid ounces
12 tablespoons = ¾ cup = 6 fluid ounces
10 tablespoons + 2 teaspoons = ¾ cup
8 tablespoons = ½ cup = 4 fluid ounces
6 tablespoons = ⅔ cup = 3 fluid ounces
5 tablespoons + 1 teaspoon = ½ cup
4 tablespoons = ¼ cup = 2 fluid ounces
2 tablespoons = ⅛ cup = 1 fluid ounces
2 cups = 1 pint = 16 fluid ounces
2 pints = 1 quart = 32 fluid ounces
3 teaspoons = 1 tablespoon = ½ fluid ounce
48 teaspoons = 1 cup = 8 fluid ounces

How to Plan Healthy, Economical Menus

- Set a goal to plan daily menus for a week at a time. It will save time in the long run. Have family members help in the planning. Save your menu plans and reuse them.

- Plan your menu based on what’s on sale at your local grocery store. Fruits and vegetables that are “in season” usually are less expensive and of better quality.

- Include a variety of colors and flavors in menus. Serving colorful carrots, sweet potatoes, corn or green beans as a side dish adds nutrition and makes a meal look more appealing.

- Vary the textures of meals. If you serve a meat such as roast beef or chicken, accompany it with soft mashed potatoes and a crisp vegetable salad. Serve crusty breads beside casseroles, stews and soups.

- Remember to serve “hot” food hot and “cold” food cold!

- Try to fit in at least three whole-grain foods every day. Try whole-grain cereal for breakfast, a sandwich on whole-grain bread for lunch, or a whole-wheat pasta dish for dinner.

- When you add a “new recipe” to your menu, pair it with a recipe your family has tried and liked!
Cook

- Use a thermometer to measure the internal temperature of cooked foods to make sure they reach a safe temperature.

- If using a microwave oven, take some food safety precautions. Use microwave-safe containers. For even cooking, cover the food, rotate and stir the contents to prevent hot and cold spots. Allow microwave-cooked food to stand about two minutes before serving.

Chill

- Refrigerate foods within two hours of preparation.

- Do not defrost foods at room temperature. Foods should be thawed in the refrigerator, under cold running water, as part of cooking or in the microwave. Microwave-thawed food should be cooked immediately.

- To chill foods quickly, store leftovers in shallow containers.

- Cool air must circulate in the refrigerator. Do not pack it too full; monitor the temperature with a refrigerator thermometer.

Source: USDA FightBac Campaign: www.fightbac.org

How to Use a Food Thermometer

Why use a food thermometer?

- Cooking by color can be misleading.

- One in every four hamburgers turns brown before it has reached a safe internal temperature.

- Using a food thermometer can prevent overcooking.

Why is using a food thermometer important?

- Millions of people get sick from dangerous bacteria in food every year.

- Public health data in 2000 show that our food has more than five times the number of dangerous bacteria than we were aware of in 1942.

- You can become sick from 20 minutes to six weeks after eating food with some types of harmful bacteria.

- Young children, pregnant women, people over age 65 and people with chronic illnesses are at a high risk for foodborne illness. Getting sick from a foodborne illness can cause serious health problems, even death, for these groups.

- The only sure way to know if your food is done is to use a food thermometer.
How to Cook and Bake with Less Fat

- Use low-fat or no-fat dressings, dairy products, etc., when possible.
- Use nonstick cooking spray to grease pans.
- Bake, broil, boil, steam or grill meats.
- Substitute applesauce for oil in your favorite baked products. Most cakes can be substituted one for one. For cookies and bars, substitute applesauce for half the fat.
- Don’t use reduced-fat margarines in cookie recipes unless the recipe calls for reduced-fat margarine. Cookies made with the wrong type of fat may spread across the pan and have a different texture than you may want.
- Choose canned fruits packed in their natural juices.
- Buy tuna packed in spring water instead of oil.

How to Cook Dry Edible Beans

- Rinse, soak and simmer dry beans for delicious results.
- First, inspect the dry beans, removing any broken beans or foreign materials. Rinse thoroughly in cold water.
- Next, use the “Preferred Hot Soak” method: Add 10 cups of cold water to the pot for each pound (2 cups) of beans prepared. Bring the water to a boil and boil for one to three minutes. Cover the pot. Let stand. A four-hour soak is ideal.
- Finally, drain and rinse soaked beans. Add fresh, cold water to fully cover beans – plus, if you wish, 1 to 2 tablespoons of oil and 1 to 2 teaspoons of salt. Simmer the beans until they are tender. Serve them plain or follow a favorite recipe for a dish your family will love.
- Add ingredients rich in acid or calcium such as tomatoes, chili sauce, ketchup, vinegar, wine and molasses after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender.

- 2 cups of dry beans = 4 to 5 cups of cooked beans

How to Cook Pasta

Divide this recipe based on how much pasta you are cooking.

1. Boil 4 to 6 quarts of water for 1 pound of dry pasta. Add the pasta, stir and return the water to a boil.

2. Stir the pasta occasionally during cooking.

3. Follow the package directions for cooking times. If you plan to use the pasta as part of a dish that requires further cooking, undercook the pasta by one-third of the cooking time specified on the package.

4. Taste the pasta to determine if it is done. Perfectly cooked pasta should be “al dente,” or firm to the bite, yet cooked through.


Source: National Pasta Foundation
How to Use Dry Milk

- You easily can substitute dry milk for regular milk in many recipes. Dry milk can add protein and calcium to recipes.
- To rehydrate dry milk, follow package directions and measure water and dry milk carefully.
- Try substituting reconstituted dry milk for water when making hot cereal, hot chocolate, chocolate milk, milk shakes, puddings, cream soups or white sauces.
- Add dry milk to casseroles, cake batter, mashed potatoes, scrambled eggs, cookies or cornbread.
- When traveling, consider bringing dry milk. It’s easy to bring dry milk on camping or backpacking trips, too!

Source: Michigan State University Extension Service

Baked Chicken Nuggets

Ingredients
- 1½ lb. chicken thighs
- 1 c. cornflakes or other ready-to-eat cereal crumbs
- 1 tsp. paprika
- ½ tsp. Italian herb seasoning or seasoning of your choice
- ¼ tsp. garlic powder
- ¼ tsp. onion powder

Directions
1. Preheat oven to 400 F.
2. Remove chicken skin and bones; cut the chicken into bite-sized pieces.
3. Place cereal in a plastic bag and crush using a rolling pin or can.
4. Add remaining ingredients to cereal crumbs. Close bag tightly and shake until blended.
5. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly. Discard any unused crumb mixture.
6. Place chicken pieces on greased cooking sheet so they are not touching.
7. Bake until golden brown with internal temperature of 165 F, about 12 to 14 minutes.

Makes four servings

Per serving: 231 calories, 7g carbohydrate, 7g fat, <1g fiber and 205mg sodium
Frozen Bananas

Ingredients
4 medium ripe bananas
4 tablespoons low-sugar peanut butter or low-fat yogurt
1/2 to 1 cup crushed unsweetened whole grain cereal
Ice pop sticks

Directions
1. Cut bananas in half or thirds. Insert 1 ice pop stick lengthwise through the center of each banana section.
2. Wrap the bananas on sticks in plastic wrap, and put them in the freezer until the bananas are frozen, about 2 hours.
3. Spread a thin layer of peanut butter or yogurt over the bananas, and roll them in crushed cereal.

Safety tip: An adult should slice the ingredients.

Featured September 2012: School Readiness
Tomato Salsa

Ingredients

6 plum tomatoes
½ white or yellow onion
½ cup fresh cilantro
1 tablespoon lemon juice
Dash of garlic powder or 1 teaspoon finely chopped garlic

Directions

1. Chop the tomatoes, onion, and cilantro into small pieces and mix together in a bowl.
2. Add the lemon juice and garlic powder or chopped garlic.
3. Mix all ingredients together.
4. Serve with baked tortilla or corn chips.

Safety tip: An adult should slice the ingredients.

Featured May 2013: Sugar
Current Openings for the Red Cliff Tribe

**Elderly Driver**
DEADLINE: May 3, 2017 at 4:00pm

**Clinic Finance Manager**
DEADLINE: May 11, 2017 at 4:00pm

**Project Coordinator, Tribal Census Project**
DEADLINE: May 17, 2017 at 4:00pm

**Outpatient/Community Based Mental Health Professional**
DEADLINE: Open Until Filled

**Tribal Aging and Disability Resource Specialist**
DEADLINE: Open Until Filled

**Planning Administrator/Policy Analyst**
DEADLINE: Open Until Filled

**Service Facilitator**
DEADLINE: Open Until Filled

**CCS Program Service Director/MH Professional**
DEADLINE: Open Until Filled

**Substance Abuse Counselor**
DEADLINE: Open Until Filled

**Human Resources Director**
DEADLINE: Open Until Filled

**Paralegal (Land Specialist)**
DEADLINE: Open Until Filled

**Family/Human Services Administrator**
DEADLINE: Open Until Filled

**Medical Coder (1 to 3 positions)**
DEADLINE: Open Until Filled

**Physical Therapist**
DEADLINE: Until Filled

**Tribal Law Enforcement Officer – Part Time**
DEADLINE: Until Filled

**Chief Financial Officer**
DEADLINE: Open Until Filled
Tribal Administration Liaison
Deadline: Open Until Filled

* * * Current Openings for Legendary Waters Resort & Casino
Click Here to view Current Legendary Waters Resort & Casino Job Openings

* * * Current Openings for Red Cliff Housing Authority
Housing Job Application (Fillable)
Housing Background Check

* * * Current Openings for GLITC
Great Lakes Inter-Tribal Council Job Postings

* * * Current Openings for GLIFWC
GLIFWC Website with Current Job Openings

* * * Current Openings for School District of Bayfield, WI
Click here for Available Job Vacancies at Bayfield School
Substitutes Vacancies at Bayfield School
Academic Tutor/Interventionist at Bayfield School

* * * Current Openings for Family Forum
Family Forum Job Openings
Family Forum Head Start Bus Driver

* * * Current Openings for Bay Area Home Health
Bay Area Home Health - Personal Care Workers / Supportive Home Care Workers / Certified Nursing Assistants

* * * Current Openings for the National Park Service
National Park Service - Supervisory Park Ranger - Interior, SD
Deadline: May 12, 2017

* * * Current Openings for the BIA.gov
BIA Fire & Forestry Job Openings

* * * Current Openings for the Forestry Service
Biological Science Technician (Plants)

* * * Current Openings for the Wisconsin Dept. of Transportation
* * * Current Openings for the University of Wisconsin-Extension
Current Opportunities for UW Extension Cooperative Extension Site
Current Opportunities for UW Extension

* * * Current Openings for the UMOS Job Openings
Current Opportunities for UMOS

Contact Us | Terms of Use | Privacy Statement
© Copyright 2004 Red Cliff Band of Lake Superior Chippewa

http://redcliff-nsn.gov/Employment/openings.htm

5/2/2017
Red Cliff Band of Lake Superior Chippewa Indians

88455 Pike Road
Bayfield, WI 54814
Phone: 715-779-3700 Fax: 715-779-3704
Email: redcliff@redcliff-nsn.gov

Job Description

POSITION: Project Coordinator, Tribal Census Project

LOCATION: Red Cliff Tribal Administration Building

PROGRAM: Red Cliff Circles of Care Project, a SAMHSA funded project.

WAGE: $15.00 to $18.00 per hour, depending upon qualifications.

SUPERVISOR: Tribal Planner

Non-Exempt position, up to 30 hours per week for a period not to exceed six (6) months depending upon availability of grant funds. Fringe benefits are not provided. Authorized local mileage is reimbursable.

JOB SUMMARY: The Project Coordinator plays a key role in the planning and implementation of Red Cliff’s Tribal Census Project including management duties in supervising field staff in conducting a highly confidential survey questionnaire in Red Cliff households, online, and at tribal community events. The success of the project relies heavily on the job incumbent’s ability to communicate the goals of the project and benefits to the Red Cliff tribe and community in a respectful and culturally-appropriate manner; as well as, uphold the highest principles of ethics in adhering to confidentiality and individuals’ rights to privacy.

DUTIES AND RESPONSIBILITIES:

1. Collaborate and communicate effectively as a team member of the Tribal Census Project with the staff of the Red Cliff Tribe, Circles of Care Project, and consultant(s).
2. Develops and facilitates a culturally-appropriate approach for community outreach.
3. Supervises, trains, and motivates field staff to meet project goals and objectives.
4. Supervises and coordinates field staff assignments in completing survey questionnaires in a highly confidential manner, prioritizing individuals’ rights to privacy.
5. Ensures field staffs accurately and professionally assist community members in completing survey questionnaires on password protected digital tablet devises.
6. Monitors progress, certifies payroll and provides performance reports to project team.
7. Coordinate the outreach efforts to inform and survey the Red Cliff community.

SUPERVISING: Census Project Survey Field Staff (1-3)

"The Hub of the Chippewa Nation"
Red Cliff Band of Lake Superior Chippewa Indians
88455 Pike Road
Bayfield, WI 54814
Phone: 715-779-3700 Fax: 715-779-3704
Email: redcliff@redcliff-nsn.gov

QUALIFICATIONS:

1. Must be at least 18 years old, or older.
2. High School diploma, G.E.D., required; some college preferred.
3. Must have a valid driver’s licenses, vehicle and appropriate vehicle coverage and maintain driver’s eligibility as a condition of employment. Be eligible to be put on the tribe’s vehicle insurance policy.
4. Must be able to uphold strict confidentiality and prioritize individuals’ rights to privacy.
5. Must be willing to work flexible hours as needed, including evening and weekend hours.
6. Must pass a criminal background check.
7. Must have prior work experience in supervising others, two (2) or more years preferred.
8. Must have strong organizational, social and communication skills, demonstrated as being self-motivated with the ability to motivate and inspire others.
9. Must be able to demonstrate cultural knowledge of the Red Cliff community, geography, and historical background.
10. Must have basic computer skills and willing to receive additional training.
11. Prior experience in field data collection or survey operations, preferred.
12. Prior experience in door-to-door canvassing or marketing, preferred.
13. Prior experience in U.S. Census data collection efforts is strongly preferred.

PERSONAL CONTACTS: Considerable daily contact will be made with the general public, tribal leadership, Program Directors and staff, consultant(s), and the tribal community.

PHYSICAL REQUIREMENTS AND WORK ENVIRONMENT: This position incumbent will spend considerable time out in the field conducting and supervising field survey work in the community, at households or events, and requires the physical ability to climb stairs and walk on uneven ground. In addition, some office hours will be required for project planning and reporting purposes. The successful job incumbent will receive training in and be required to use computers and software with security restrictions.

TRAVEL REQUIREMENTS: Considerable local travel is required to fulfill the job requirements.

"The Hub of the Chippewa Nation"
BEHAVIOR AND ATTITUDE: The vision, goals, and objectives of the Red Cliff Band of Lake Superior Chippewa require that the employee performs in both a professional and personable manner. The manner in which the employee relates to fellow employees, customers and visitors is considered parallel in importance to technical knowledge and ability. Respect and consideration given to the dignity of each customer, visitor and fellow employee is a requisite of successful job performance. Any behavior or attitude that tarnishes the image or name of the Red Cliff Band will be subject to immediate disciplinary action up to and including termination.

Indian preference will be applied in the case of equally qualified applicants, but all qualified applicants will be considered.

APPLICATION SUBMITTAL REQUIREMENTS: The following items are required for this position:

1. Completed Tribal Application; available on the tribal website.
2. Signed Tribal Background Investigation Disclosure; available on the tribal website.
3. Cover letter describing your interest, background and or qualifications for the position; including the ability to maintain strict confidentiality in tribal program operations.

POSTING DATE: May 2, 2017
CLOSING DATE: May 17, 2017 @ 4:00 p.m.

FOR FURTHER INFORMATION:
Red Cliff Band of Lake Superior Chippewa
88455 Pike Road
Bayfield, WI 54814
www.redcliff-nsn.gov
susie.gurnoe@redcliff-nsn.gov

(715)779-3700 est. 4268

The Red Cliff Tribal Council has a Drug-Free Work Place Policy and adheres to the intent of the Drug-Free Work Place Act. All new hires are subject to a drug test prior to starting.

All applicants for employment with the Red Cliff Tribe are subjected to the background investigation and other requirements of RCCL Chapter 43, and you are under a continuing obligation to supplement this application for employment with information concerning any convictions that occur after commencement of employment with the tribe.

"The Hub of the Chippewa Nation"
Job Search

Narrow search by:

Any Category
Enter Keyword
Any Employer

Search

Results Found: 37

Sort by: A-Z Category

Bodin Fisheries
208 Wilson Avenue Bayfield, WI 54814

Fish Production Position
Category: Agricultural, Forestry & Fishing

Bodin Fisheries is now accepting applications for a seasonal processing position inside the fish plant. This job requires the ability to perform extended periods of heavy lifting, standing, crouching and bending in a fast-pace, production oriented environment. Must be willing to work with knives and some automated equipment. Retail, customer service skills and weekend availability required. Fish knowledge, mechanical inclination and knife skills are a plus, but we are willing to train the right ...

Highland Valley Farm
87080 Valley Road Bayfield, WI 54814

Blueberry Harvest Crew
Category: Agricultural, Forestry & Fishing

Season/Hours typically late July through mid-September 30-40hrs/week, Monday-Friday, beginning at 8am Responsibilities • Hand harvest of blueberries (possible hand-harvest of raspberries and currants) • Sorting, grading, & packing blueberries on semi-

http://business.bayfield.org/jobs

5/1/2017
automated packing line • May also include some machine harvest of blueberries and currants, helping with pick-your-own, and other field work. Qualifications (Age, Citizenship, Education, Skills, etc.) • At least 16 years old. • ...read more →

Bayfield Inn, The
20 Rittenhouse Avenue Bayfield, WI 54814

Join our Front Desk Sales Team!
Category: Customer Service
The Bayfield Inn is currently seeking qualified applicants to join our Front Desk Sales Team! Phone sales/reception experience a major plus, but will train the right applicant. Competitive pay, based on experience. Fun, exciting, and rewarding work environment. Flexible scheduling. Must like fast-paced, challenging work environment and be available to work weekends & holidays. Basic computer skills and ability to communicate clearly and effectively are a must! Applications may be printed off online at: ...read more →

Maggie’s
257 Manypenny Avenue Bayfield, WI 54814
Knights House Gardner/Groundskeeper
Category: Facilities, Maintenance, and Repair
Full-Time Summer position June-October. Job includes gardening and grounds-keeping at a private home in Bayfield. Applicants must be dependable and hard-working! For more information contact Margaret Erickson at 715-209-4958 or mfe@centurytel.net

Wild Rice Restaurant
84860 Old San Road Bayfield, WI 54814
Host/Hostess Position at Wild Rice Restaurant
Category: Food Industry and Restaurants
As a host/hostess you will represent our restaurant in a professional manner from the moment you walk through the door. You are the key to offering a hometown feel to our restaurant, with the unique opportunity to be the first and last person our guests will see on their visit. Must be outgoing, professional and willing to be a team player. Please visit our website wildricerestaurant.com to contact us by email to submit your resume.

Contact: Send Email
Phone: (715) 779-3363

Contact: Send Email
Phone: (715) 779-5641

Contact: Send Email
Phone: (715) 779-9881
Big Water Coffee Roasters

117 Rittenhouse Avenue Bayfield, WI 54814

Category: Food Industry and Restaurants

(Full-time & Part-time, Year-round & Seasonal) Big Water Coffee Roasters is currently looking for qualified baristas, ready to start immediately. Rate of pay starts at $10/hr, plus tips. The barista is the master of multi-tasking. Responsibilities include giving great service to each customer, cash handling, making delicious coffee and espresso drinks and keeping our cafe in tip-top shape. Opening shifts begin as early as 6am and closing shifts go until 8pm. Please look over the job description on ...read more →

Maggie’s

257 Manypenny Avenue Bayfield, WI 54814

Summer 2017 Job Openings

Category: Food Industry and Restaurants

Maggie’s is taking applications for Line Cooks, Dishwashers, Bartenders, Bussers and Servers, for openings for the summer 2017 season. Applicants must be friendly and reliable, possess good work ethics, strong people-communication skills, work well with others and have a passion for service excellence. You must be able to work flexible hours, multi-task and be able to accommodate high volume situations. Part-time & Full-time available. Stop by 257 Manypenny Ave in Bayfield to pick up an ...read more →

Old Rittenhouse Inn

301 Rittenhouse Avenue Bayfield, WI 54814

Category: Food Industry and Restaurants

Landmark Restaurant at Old Rittenhouse Inn - Bayfield, WI Sous Chef wanted for casual fine dining establishment with bed and breakfast/country inn. Established in 1975, Landmark Restaurant serves breakfast and dinner daily during the high season, with luncheons, weddings and special events by reservation. We're looking for a highly motivated self-starter with a minimum of 2 years

http://business.bayfield.org/jobs

5/1/2017
experience in a mid-to-high volume restaurant. Requirements include ability and willingness to: follow procedure, create ...

**Old Rittenhouse Inn**

301 Rittenhouse Avenue Bayfield, WI 54814

**Line Chef**

*Category: Food Industry and Restaurants*

Landmark Restaurant at Old Rittenhouse Inn - Bayfield, WI Line Chef wanted for casual fine dining establishment with bed and breakfast/country inn. Established in 1975, Landmark Restaurant serves breakfast and dinner daily during the high season, with luncheons, weddings and special events by reservation. We're looking for a highly motivated self-starter with a minimum of 2 years experience in a mid-to-high volume restaurant. Requirements include ability and willingness to: follow procedure, create ...

**Landmark Restaurant at Old Rittenhouse Inn**

301 Rittenhouse Avenue Bayfield, WI 54814

**Restaurant Server**

*Category: Food Industry and Restaurants*

Essential Information Restaurant servers ensure that patrons have an enjoyable dining experience by providing quality customer service. Servers work in the front of the business taking orders, serving food and drinks, and removing dinnerware from the table in a timely manner. On-the-job training is provided. Job Description Service for breakfast, lunch and dinner shifts at fine dining restaurant. The nature of this job requires applicants to be on their feet for much of their shifts. Full and Part-time ...

**Landmark Restaurant at Old Rittenhouse Inn**

301 Rittenhouse Avenue Bayfield, WI 54814

http://business.bayfield.org/jobs
Executive Chef

Category: Food Industry and Restaurants

Responsibilities: The executive chef will train and manage kitchen personnel and supervise/coordinate all related culinary activities; estimate food consumption and requisition or purchase food; select and develop recipes; standardize production recipes to ensure consistent quality; establish presentation technique and quality standards; plan and price menus; ensure proper equipment operation/maintenance; and ensure proper safety and sanitation in kitchen. The executive chef will cook selected items or for ...read more

Old Rittenhouse Inn
301 Rittenhouse Avenue Bayfield, WI 54814

Kitchen Helper

Category: Food Industry and Restaurants

Job Duties: Wash dishes, glassware, flatware, pots, or pans, using dishwashers or by hand. Clean tableware. Maintain kitchen work areas, equipment, or utensils in clean and orderly condition. Clean food preparation areas, facilities, or equipment. Place clean dishes, utensils, or cooking equipment in storage areas. Store supplies or goods in kitchens or storage areas. Sort and remove trash, placing it in designated pickup areas. Remove trash. Sweep or scrub floors. Clean food preparation areas, ...read more

Wild Rice Restaurant
84860 Old San Road Bayfield, WI 54814

Hiring for the 2017 Season

Category: Food Industry and Restaurants

Wild Rice Restaurant is hiring kitchen staff for the 2017 season (May-October). Positions available: line cooks, prep cooks and dishwashers. Wild Rice is located on Lake Superior, Bayfield, Wisconsin. The restaurant has a large, modern, state-of-the-art kitchen producing exciting, creative food with an emphasis on Wisconsin ingredients. Wild Rice is very well reviewed and a six time James Beard Award nominee. Contact us by email at

http://business.bayfield.org/jobs

Contact:
Wendy Phillips
Send Email
Phone:(715) 779-5111

Contact:
Jim Webster
Send Email
Phone:(715) 779-9881

5/1/2017
flamingos@centurytel.net to submit your resume or visit our website ...read more →

**Ethel's at 250**

250 Rittenhouse Avenue Bayfield, WI 54814

**Restaurant Server Position**

*Category: Food Industry and Restaurants*

Description: Essential Information
Restaurant servers ensure that patrons enjoy their dining experience by providing quality customer service. Servers work in the dining room taking orders, serving food and drinks, and participating in some general cleaning. Job Description: dinner in a family restaurant. This job requires applicants to be on their feet for almost the entirety of the shift. Wages include hourly rate and tips. Duties: A server's primary duty is to provide helpful, efficient ...read more →

**Morty’s Pub**

108 Rittenhouse Avenue Bayfield, WI 54814

**Bartender / Cook / Cleaner wanted at Morty’s Pub**

*Category: Food Industry and Restaurants*

Come be part of the Morty’s Pub family! Bartender / Cook / Cleaner. We are looking for highly motivated individuals who will not shy away from the hustle and bustle of Rittenhouse Avenue. All employees must have the ability to work in a fast paced environment, be flexible with work schedules; nights, weekends, day and holidays shifts. Applicants must be reliable, able to multi-task and get along well with people. Morty’s will provide you with a team that is fun, likes to laugh and at the end of the ...read more →

**Mt. Ashwabay Ski and Recreation Area**

32525 Ski Hill Road Bayfield, WI 54814

**BARTENDER - SUMMER 2017**

*Category: Food Industry and Restaurants*

Job Description: Bartender Serve alcoholic and non-alcoholic beverages to customers during Big Top Chautauqua events from mid-June through mid-September on the grounds of Mt. Ashwabay. Work schedules may vary, must be open to working Wednesdays through Sundays, early evening to late night. Responsibilities Include: - Take beverage orders from serving staff or directly from patrons. - Collect money for drinks served. - Serve wine, and bottled

http://business.bayfield.org/jobs

5/1/2017
or draft beer. - Mix ingredients, such as liquor, soda, water, ...read
more →

The Creamery Bar
31 S 1st Street Bayfield, WI 54814

Bar Manager
Category: Food Industry and Restaurants

The Creamery is seeking a full-time, year-round BAR MANAGER. The Creamery Bar is THE place to be for nightlife in Bayfield. We serve a vast variety of liquors, cordials, domestic & craft beers, and red & white wines. Patrons come to watch their favorite sporting events on one of the many flat screen TVs or the 100" projection screen and hear the calls on our premium surround sound system. The Creamery is open year-round. Applicants with experience are strongly encouraged to apply. ...read more →

BRB Recycling Authority
35945 State Hwy 13 Bayfield, WI 54814
Site Attendant Needed
Category: Government

B.R.B. Recycling Authority is looking for a person to work on a part-time basis. Wednesdays and Saturdays. The pay would be $12.53 per hour. Any questions please contact Jason Goodlet, Manager, at 715-779-5168 for more information.

The Bayfield Inn
20 Rittenhouse Avenue Bayfield, WI 54814

Accepting applications for ALL Positions
Category: Hospitality Services

The Bayfield Inn is currently taking applications for ALL DEPARTMENTS for the upcoming SUMMER 2017 SEASON! The Bayfield Inn is Bayfield's premier lodging and dining establishment located on the shoreline of the Apostle Islands National Lakeshore. Our exclusive downtown location is central to all of Bayfield's gift shops and attractions and within walking distance of the Apostle Islands Cruise Service and Madeline Island Ferry Line. With 21

http://business.bayfield.org/jobs

5/1/2017
rooms onsite and 38 vacation rental options, The Bayfield ...

---

**Superior Body Massage & Spa**

33 N First Street Bayfield, WI 54814

**Nail Technician/Manicurist**

*Category: Hospitality Services*

*Job Description:* Providing manicures and pedicures in a day spa setting. We offer natural nail services in the form of two types of manicure and pedicure, an express (30 min service) and a spa (60 min service). We also offer gel polish nail services using the CND shellac system. Nail technicians are encouraged to incorporate their own style and training while still following the standard procedure for these specific services. Nail technicians are required to follow WI code for safety and sanitation for ...

---

**The Bayfield Inn**

20 Rittenhouse Avenue Bayfield, WI 54814

**Accepting Applications for ALL Positions**

*Category: Hospitality Services*

The Bayfield Inn is currently taking applications for ALL DEPARTMENTS for the upcoming SUMMER 2017 SEASON! The Bayfield Inn is Bayfield's premier lodging and dining establishment located on the shoreline of the Apostle Islands National Lakeshore. Our exclusive downtown location is central to all of Bayfield’s gift shops and attractions and within walking distance of the Apostle Islands Cruise Service and Madeline Island Ferry Line. With 21 rooms onsite and 38 vacation rental options, The Bayfield ...

---

**Old Rittenhouse Inn**

301 Rittenhouse Avenue Bayfield, WI 54814

**Grounds Maintenance Operative**

*Category: Hotel, Gaming, Leisure, and Travel*

---

http://business.bayfield.org/jobs 5/1/2017
POSITION OVERVIEW: Maintain hard and soft landscape including play grounds and associated facilities to the required standard in accordance with Interserve Contractual obligations and end user requirements. RESPONSIBILITIES: Grass Repairs, Grass: Cut, Grass: Strim, Grass: Edging, Hedges: Prune, Weeds: Spray, Remove Litter and Debris and Empty Bins, Shrubs: Prune, Leaves: Clear, Weeding: Hand Weed, Beds: Lightly turn over soil, remove main weed growth, Grass: Reform Borders (90° to grass surface), ...read more →

Old Rittenhouse Inn
301 Rittenhouse Avenue Bayfield, WI 54814

Housekeeper

Category: Hotel, Gaming, Leisure, and Travel

We are looking for a professional Housekeeper able of attending to our facilities with integrity and attention to detail. Our goal is to create a clean and orderly environment for our guests, a critical factor in maintaining and strengthening our reputation. Housekeeper Responsibilities Include: Performing a variety of cleaning activities such as sweeping, mopping, dusting and polishing Ensuring all rooms are cared for and inspected according to standards Protecting equipment and making sure there are no ...read more →

Old Rittenhouse Inn
301 Rittenhouse Avenue Bayfield, WI 54814

Front Desk Agent / Receptionist

Category: Hotel, Gaming, Leisure, and Travel

Job Title: Front Desk Agent / Receptionist at Old Rittenhouse Inn Name in Location seeks a qualified physical front desk agent with a high level of professionalism and effective decision making. Applicant must have strong interpersonal and administrative skills. Key Requirements: Please have solid references Successful history as a front desk agent or related hospitality experience Must have a flexible work schedule Task-driven individual Responsibilities: Register & process guests and their assigned ...read more →
**Wilderness Inquiry**

33095 Little Sand Bay Road Bayfield, WI 54814

**Outdoor Leader at Wilderness Inquiry**

*Category: Non-Profit and Social Services*

**OVERVIEW:** Outdoor Leaders are the backbone of our adventures at WI. Outdoor Leaders staff all WI events, from single day programming to extended trips. In the summer season, most extended trips are 3-6 days in duration, simultaneously we are running local single day trips. Our activities on these trips range from canoeing, kayaking, hiking, and land-based educational programming. **TIME/WAGE:** Outdoor Leaders are classified according to skill and experience—from assistant to senior trainer—and ...read more →

**Superior Body Massage & Spa**

33 N First Street Bayfield, WI 54814

**Massage Therapist**

*Category: Personal Care and Services*

**Job Description:** Providing a blend of therapeutic and relaxation massage therapy in a day-spa setting. Massage lengths range from 30 minute - 120 minute length session. Therapists are encouraged to incorporate their own style and training into each session while still staying in the parameters of the client’s specific goals for that session. As a busy day spa in a tourist town, many of the summer clientele are one or two-time clients, so effective communication is a necessity with each client from ...read more →

**Bayfield Wine and Spirits**

13 South Second St, 216 11th
Bayfield, Wisconsin 54814

**Wine and Spirits Retail Sales Associate**

*Category: Retail/Wholesale*

We are looking for part time Retail Sales Associates for the summer and early fall. Minimum qualifications include: Successful completion of Wisconsin Learn2Serve Online Course Possess the physical requirements included in the job description Be over 21 years of age Knowledge about wine, liquor and beer is strongly preferred A service orientation with good, positive energy, a friendly demeanor, and

http://business.bayfield.org/jobs

5/1/2017
excellent written and oral communications skills. 15% employee
discount included A criminal background check ...read more →

Ehlers General Store
88545 Superior Avenue Cornucopia, WI 54827

Summer Help
Category: Retail/Wholesale
Cashiers and Deli Help Part-time Historic Ehlers General Store is
hiring one Cashier to work 30-40 hours per week and one Part Time
Deli Person for 20-30 hours per week, in Beautiful Cornucopia, WI.
Positions start in early June and go through Labor Day. E-mail
resume and references to ehlerstore@gmail.com 88545 Superior Ave
Cornucopia, Wisconsin 54827

Bodin Fisheries
208 Wilson Avenue Bayfield, WI 54814

Retail and Production Assistant
Category: Sales
Bodin Fisheries is now accepting applications for a Retail and
Production Assistant at our Bayfield, WI. location. This seasonal
position will be scheduled 35-40+hrs. per week Wednesday through
Sunday and runs June through September including holiday
weekends. This position involves helping customers with sales of
fresh, smoked and frozen fish and assisting our production team with
various tasks as needed. Other tasks and requirements include, but
are not limited to the following: Stocking daily product ...read more →

Sweet Sailing
120 Rittenhouse Avenue Bayfield, WI 54814
Retail Associates-Part Time and Full Time
Category: Sales
Brownstone Centre and Sweet Sailing are seeking energetic and
organized people to join our store sales teams!! Bayfield is a high
traffic tourist community, so we are looking for people with the ability
to multi task in a fast paced work environment. Must have ability to
have strong customer services skills: clear communication,
merchandizing product, stocking, cleaning, working a register and

http://business.bayfield.org/jobs

5/1/2017
cash management skills, and overall positive kind communication with customers. Applicants at both locations must ...read more →

**Brownstone Centre**
121 Rittenhouse Avenue Bayfield, WI 54814
**Retail Associates-Part Time and Full Time**
*Category: Sales*
Bayfield, Brownstone Centre and Sweet Sailing are seeking energetic and organized people to join our store sales teams! Bayfield is a high traffic tourist community, so we are looking for people with the ability to multi task in a fast paced work environment. Must have ability to have strong customer services skills: clear communication, merchandizing product, stocking, cleaning, working a register and cash management skills, and overall positive kind communication with customers. Applicants at both ...read more →

**Mt. Ashwabay Ski and Recreation Area**
32525 Ski Hill Road Bayfield, WI 54814
**CAFE/GRILL CASHIER - SUMMER 2017**
*Category: Sales*
Job Description Cafe/Grill Cashier Receive food and beverage (alcoholic and non-alcoholic) orders from customers and accurately process orders in register during Big Top Chautauqua events from mid-June through mid-September on the grounds of Mt. Ashwabay. Work schedules may be between Wednesday and Sunday from early evening to late night. Responsibilities include: -Receive payment by cash, check, or credit cards -Issue receipts, refunds, credits, or change due to customers. -Assist customers by providing ...read more →

**Wilderness Inquiry**
33095 Little Sand Bay Road Bayfield, WI 54814
**Sea Kayak Base Camp Facilities Intern at Wilderness Inquiry**
*Category: Sports and Recreation*
Supervisor: Programs Director and Base Camp Manager Live and work at Wilderness Inquiry's beautiful Little Sand Bay (LSB) base camp up in the majestic Apostle Islands, near Bayfield, WI. Our LSB interns live just a short walk away from Lake Superior for the summer season, maintaining the base camp's property, kayak warehouse, and helping our trail staff with gear maintenance and management.

http://business.bayfield.org/jobs
They also spend time on trail, acting as support staff on many of our Apostle Islands adventures. In this...read more →

**Trek & Trail**

7 Washington Avenue Bayfield, WI 54814

**Sea Kayak Guides and Assistants, Reservations/Retail Specialists & Outfitting Specialists**

*Category: Sports and Recreation*

Guides lead trips ranging in length of 3hrs - 6 days in The Apostle Islands National Lakeshore. Training for position is paid, and an ACA certification is included as well. Strong communication/people skills are required. We are willing to train the right candidates with little/no paddle skills. WFR and Lifeguard certifications are very desirable qualities, but are not required. Reservations/retail specialists answer phones and help clients in our store. All employees have access to "pro-deals"...read more →

**Trek & Trail**

7 Washington Avenue Bayfield, WI 54814

**Sea Kayak Guides & Reservation Specialists**

*Category: Sports and Recreation*

Guides lead trips ranging in length of 3hrs - 6 days in The Apostle Islands National Lakeshore. Training for position is paid, and an ACA certification is included as well. Strong communication/people skills are required. We are willing to train the right candidates with little/no paddle skills. WFR and Lifeguard certifications are very desirable qualities, but are not required. Reservations/retail specialists answer phones and help clients in our store. All employees have access to "pro-deals"...read more →

**Superior Charters & Yacht Sales**

34475 Port Superior Road Bayfield, WI 54814

**Join our Superior Crew!**

*Category: Sports and Recreation*

http://business.bayfield.org/jobs

5/1/2017
Fleet maintenance crew members work diligently to make our fleet of 40 sailboats look their best inside and out. Washing decks and maintaining deck and hull appearance are key to providing our guests with a high-end experience. While working with us, you'll learn about the area, sailing and the boats in our fleet. Throughout the summer, you will work with our experienced team at maintaining boats and dinghy fleet while providing specialized customer service to our guests. Attention to detail and ...read more →

Apostle Islands Kayaks
N 690 Main Street La Pointe, WI 54850

KAYAK GUIDE
Category: Sports and Recreation
Apostle Islands Kayaks on Madeline Island.

Contact:
Ed Kale
Send Email
Phone: (715) 747-3636

©2017 Bayfield Chamber of Commerce & Visitor
42 South Broad St | P.O. Box 138, Bayfield, WI 54814 | 715-779-3335

http://business.bayfield.org/jobs 5/1/2017
<table>
<thead>
<tr>
<th>Day</th>
<th>Memorial Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Peaches/CC</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Smoothie/Prezels, Watermelon</td>
</tr>
<tr>
<td>Wednesday</td>
<td>S Peas, Pea Soup, Salad</td>
</tr>
<tr>
<td>Thursday</td>
<td>S Roast Beef, Buns,Port.</td>
</tr>
<tr>
<td>Friday</td>
<td>S Pear, Pears, MC</td>
</tr>
<tr>
<td>Saturday</td>
<td>S Blueberries, CC</td>
</tr>
<tr>
<td>Sunday</td>
<td>S Blueberries, CC</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>EcCosed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>S Broccoli/Dip, Salads, Peaches/CC</td>
</tr>
<tr>
<td>Tuesday</td>
<td>L Cabbage, Pattiess, Fries</td>
</tr>
<tr>
<td>Wednesday</td>
<td>S Mini Rice Cakes/Milk</td>
</tr>
<tr>
<td>Thursday</td>
<td>S Minivan, EGG, Muffin, Rice, C.</td>
</tr>
<tr>
<td>Friday</td>
<td>S Cheese, CC, FC</td>
</tr>
<tr>
<td>Saturday</td>
<td>S Bread, Cinnamon, FC</td>
</tr>
<tr>
<td>Sunday</td>
<td>S Bread, Cinnamon, FC</td>
</tr>
</tbody>
</table>

**Milk Menu**

<table>
<thead>
<tr>
<th>Milk</th>
<th>Peaches/CC</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wth</th>
<th>Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Served</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
</tbody>
</table>

**Change To Subject Menu**

| Change    |  |
|-----------|  |

| Smoothie/Prezels, Watermelon | TR Fries, FC |
| S Peas, Pea Soup, Salad       |
| S Roast Beef, Buns,Port.      |
| S Pear, Pears, MC             |
| S Blueberries, CC             |

**Milk With Milk**

<table>
<thead>
<tr>
<th>Milk</th>
<th>S Peas/CC</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wth</th>
<th>Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Served</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
</tbody>
</table>

**Milk Menu**

<table>
<thead>
<tr>
<th>Milk</th>
<th>Peaches/CC</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wth</th>
<th>Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Served</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
</tbody>
</table>

**Change To Subject Menu**

| Change    |  |
|-----------|  |

| Smoothie/Prezels, Watermelon | TR Fries, FC |
| S Peas, Pea Soup, Salad       |
| S Roast Beef, Buns,Port.      |
| S Pear, Pears, MC             |
| S Blueberries, CC             |

**Milk With Milk**

<table>
<thead>
<tr>
<th>Milk</th>
<th>S Peas/CC</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wth</th>
<th>Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Served</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
</tbody>
</table>

**Milk Menu**

<table>
<thead>
<tr>
<th>Milk</th>
<th>Peaches/CC</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wth</th>
<th>Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Served</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
</tbody>
</table>

**Change To Subject Menu**

| Change    |  |
|-----------|  |

| Smoothie/Prezels, Watermelon | TR Fries, FC |
| S Peas, Pea Soup, Salad       |
| S Roast Beef, Buns,Port.      |
| S Pear, Pears, MC             |
| S Blueberries, CC             |

**Milk With Milk**

<table>
<thead>
<tr>
<th>Milk</th>
<th>S Peas/CC</th>
</tr>
</thead>
<tbody>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
<tr>
<td>S Peas/CC</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wth</th>
<th>Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Served</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
<tr>
<td>S Pear, Pears, C.</td>
<td></td>
</tr>
</tbody>
</table>